

Waukesha County Nutrition Coalition Minutes

April 28, 2015

Attendees: Michelle Bertram, Mike Glasgow- ADRC; Judy Cesarec-Food Pantry of Waukesha County; Barb Jacob-New Berlin Food Pantry; Regina Estrada- Blessings in a Backpack; Christie Hanson- The Salvation Army; Cynthia Eggleston- Mukwonago Food Pantry/Resource Center; Rachel Zuniga- ProHealth Hispanic Health Resource Center; Mark Schmitt- First Congregational Church-Kick Start Cooking; Kristal De La Paz- Waukesha County Community Dental Clinic; Jill Herz, Melinda Stuart, Jan Skell-UWEX.

Welcome, Introductions, and Advisory Committee Update: Michelle Bertram

We are currently reaching out to current and previous members with a survey on WCNC meetings. We will be making some website adjustments as the website transitions to its new format; please take a look and provide any feedback: <http://www.waukeshacounty.gov/uwex/wcnc/home/>. Michelle's WCNC co-chair term ends at the end of this year. If you are interested in the co-chair role, let Advisory Committee know. The committee has discussed holding occasional WCNC meetings that consist only of networking (no speaker) to allow for more thorough updates and discussion of our agencies. These could take place when scheduled speakers cancel.

Presenter: Kristal De La Paz, Community Dental Health Coordinator, Waukesha County Community Dental Clinic. The Waukesha County Community Dental Clinic sees about 2,600 children and 600 adults every year. The clinic offers comprehensive care for kids and emergency care for adults. Eligible individuals are state-insured low income Waukesha County residents. Pregnant women are offered care throughout pregnancy, which often helps to establish a relationship and encourage dental care for their child. Clients receive an oral health instruction at each visit. The Waukesha County Community Dental Clinic offers a sealant program—this year the program served 435 kids in 8 different schools in Waukesha County. To qualify, schools must have 44% of students or higher eligible for free and reduced school lunch. The sealant program is conducted by WCTC hygiene students and WCCDC staff. Every February, the WCCDC holds Give kids a Smile Day; this year 42 middle school age kids had 30,000 dollars worth of dental work done. The WCCDC does Headstart outreach and screenings, which also helps to introduce parents to dental environment. Available to do outreach education; outreach education has been conducted at St. Joe's and the Food Pantry of Waukesha County. WCCDC does sometimes receive referrals for seniors; the WCCDC can evaluate what is needed/possible to do. If the clinic is not able to see a patient because the service is out of scope (e.g. root canal, crown) can be referred elsewhere.

Agency Updates:

Salvation Army, Christie Hanson -- Now offering Utility Assistance with a cap of 300 dollars for each client. The Salvation Army works with WE energies and makes sure assistance will be beneficial to client (WE energies requests proof of income, their name on the bill, and an ID, as well as three months during which some payment was made).

Food Pantry of Waukesha County, Judy Cesarec—There was a previous drop in number of clients but numbers are currently on the increase again. Clients are starting to get letters regarding changes to FoodShare and are concerned. National Letter Carriers' event is on May 9th; 100 volunteers will help on that day. The Food Pantry has hired a new bilingual assistant. Spanish language will be available at the Pantry every service day.

Mukwonago Food Pantry and Resource Center, Cindy Eggleston—The Food Pantry is looking forward to Letter Carriers' event on May 9th, which typically provides 3-6 months of food for the pantry. Master Gardeners will soon be planting the gardens around the pantry including fruit trees and raised beds. Planning to do canning and preserving programs with UW-Extension. Currently hoping to repurpose the 5,000 sq ft. of vacant space in resource center. Planning to work with Sustainable Kitchens to put greenhouse, commercial kitchen, and small restaurant with smoothies, coffee, salad, etc. in the resource center. Also exploring the possibility of a free dental clinic. Upcoming events: CPR classes will be held on Saturday May 2nd and May 16th for certificate and on May 9th and May 30th for families with children.

UW-Extension, Jill Herz- Currently wrapping up the final elementary school lesson of the year and gearing up for summer youth programming through Parks and Rec. Have been distributing surveys to parents of children in elementary schools. Feedback has been positive in the surveys received so far. Parents often report that their child is asking for a fruit or vegetable that they sampled during a nutrition lesson, or that their child is eating more fruits and vegetables.

Hispanic Resource Center, Rachel Zuniga— Providing 1 ½ hour health/exercise program once per week at Blair afterschool; program includes a healthy snack plus activities. This summer, the Hispanic Resource center will be holding a Healthy Garden program for seniors. About 20-30 seniors choose as a group what they would like to grow. In the past the Hispanic Resource Center has partnered with Nugenesis Garden, but this year will be using ProHealth Care's land near the hospital. Now offering Advanced Care Planning for adults 18+ who would like to discuss an advance directive, which can be scanned into medical record and accepted at any health care organization.

Blessings in a Backpack, Regina Estrada- The Arrowhead girls' soccer team recently filled 1800 bags for Lowell and Hadfield. Saint Mark's Lutheran filled 600 bags, which they volunteer to fill and distribute at Blair. Total number of children reached by this program is up to 700 at Hadfield, Blair, Banting, and Lowell. Based on September 26th fundraiser, will be able to determine whether program will grow or stay the same for next year. Backpacks include single-serve items for feeding the child, such as microwave beef-a-roni, mac and cheese, instant oatmeal, cheese crackers, Nutri-Grain bar, raisins, fruit salad, apple sauce, and pudding.

UW-Extension, Jan Skell- Abby Demler, bilingual UW-Extension nutrition educator, is no longer with Extension as she has accepted another position. She has been a great support to the coalition and SNAP-Challenge initiative. Currently working on our grant, for which paperwork will be submitted on Friday. Also working through a reduction in our funding.

ADRC, Michelle Bertram—Gearing up for May 20th open house which will include speakers on topics relevant to seniors. A Master Gardener will be speaking about plants that are easier to grow and adaptive gardening. The Parks system will speak about senior-gear activities and opportunities for seniors with disabilities. Will also be giving away emergency preparedness starter kits, offering help with technology such as ipod/cellphone, etc. Brochures are not yet available but will be forwarded when they are available. Chronic Disease and Powerful Tools for Caregivers programs are available as on-site programs given by the ADRC.

ADRC, Mike Glasgow— 2015 Resource guide is now available- call ADRC if you would like some. Senior Farmers Market voucher program will be starting soon. ADRC representatives must distribute the vouchers. Will be working toward a higher redemption rate this year.

New Berlin Food Pantry, Barb Jacob — Number of clients has remained stable. Looking forward to the Letter Carriers' drive, which provides 3-6 months of food to pantry. New Berlin postal group has shown strong support for pantry.

UW-Extension, Melinda Stuart—Martha Hubert and Melinda Stuart (UW-Extension Family Living staff) planned and implemented programming for Money Smart week last week. Programs took place at all Waukesha high schools and Central Middle School. Also participated in Resource Day at UW- Waukesha, which was well-attended; participating agencies included James Boling's Multicultural program, Marine Bank, and Waukesha State Bank. This week is the bus trip to Madison, during which participants will be meeting with 12 congress members/senators that represent Waukesha. UW-Extension is encouraging those who have been impacted by UW-Extension to share their stories. The #BecauseofUWEX hashtag may be used on Facebook and Twitter for this purpose. Our UW-Extension intern from Carroll has completed a member spotlight on Mukwonago Food Pantry and Resource center. The member spotlights are housed permanently on our website; another will be posted next month. Melinda's last day is this Thursday; she has been with UW-Extension for 17 years. Melinda will be attending the WCNC meeting next month.

First Congregational Church- Kick-Start Cooking, Mark Schmitt—The church is looking to begin a Kick Start Cooking program as a way to expose children and families to new and healthy skills including food prep, healthy foods, exercise, and have fun while building positive relationships with adults. Considering building a garden as part of the program in a lot where house was demolished next to church.

Special note: The "Health on the Shelves" Healthy Food Pantry Donation Checklist is available on UW-Extension's new website at: <http://www.waukeshacounty.gov/UWEX/WNEP/HealthOnShelves/>

Next meeting: May 26, 2015; Topic: Legislative Updates